

Mexican Layered Bean Dip

Don't fill up on high-fat snacks like chips and dip. Try this heart-healthy Mexican bean dip instead.



Try this delicious layered bean dip to spice up your appetizers. Low-fat cheese and sour cream lower the saturated fat while the avocado provides heart-healthy monounsaturated fat. The beans and avocado also lend lots of fiber to the dish.

Ingredients:

- 1 can (16 oz.) fat-free or low-fat refried beans
- 1 can (4 oz.) chopped green chili peppers, drained
- 2 tsp chili powder
- 1 tsp ground cumin
- 3 large avocados, peeled and pit removed
- 2 cups salsa
- 1 1/2 cups fat-free sour cream
- 1 cup shredded lettuce
- 1 1/2 cups of shredded reduced-fat cheese, any variety
- 1 can (4 oz.) sliced black olives

Preparation:

In a medium bowl, mix the refried beans, 1/4 cup of salsa, green chili peppers, chili powder and cumin. Spread on the bottom of a serving platter or in a dish with sides. Mash avocados and blend with 3/4 cup of salsa. Spread mixture on top of beans. Spread sour cream on top of avocado mixture, followed by layers of lettuce, cheese and the remaining salsa. Top with olives. Distribute a layer of each ingredient on top of sour cream in the following order: lettuce, cheese, remaining salsa and olives. Serve with your favorite tortilla chips. Look for a non-hydrogenated type and pair with some crunchy raw vegetables, such as carrots, celery and grape tomatoes.

Nutrition Facts

Yield 12 servings

Amount Per Serving

Calories 193

Fat 11 g

Protein 6.5 g

Carb 16 g

Fiber 5.5 g

Sodium 584 mg

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